## Workbook

companion to

# Divorced. Catholic. Now What?

Navigating Your Life After Divorce

### by Lisa Duffy and Vince Frese

A Journey of Hope Publication

Copyright © 2007 Journey of Hope Productions Printed in the United States of America

No parts of this book may be used or reproduced in any manner whatsoever without written permission from the authors.

Journey of Hope Productions 12460 Crabapple Road Suite 202 Box 113 Alpharetta, GA 30004

ISBN 978-0-9718234-1-9



## Chapter One: Praying in Times of Distress

Reflection Questions:

On a scale of 1 - 10, 10 being the best, how would I rate my ability to pray right now? To what do I attribute this to?

When I think of the word "prayer" what is my initial reaction to it? You may understand that prayer is necessary, but what response does that word bring in your heart? Peace? Depression? Consolation? Guilt? What do think the cause of this emotion is?

After reading this chapter, which form of prayer would I like to try and why?		Meditation Notes
rater reading this chapter, which form of prayer would thice to try and why:		
	-	
	-	
	_	
	-	
	-	
		Other Insights or Inspirations
	-	
	-	
	-	
	-	
	-	

Journaling		Journaling
	-	

Journa	aling
--------	-------

Chapter Two:
 Anger with Your Spouse, Yourself, and with God

Chapter Two: Anger with Your Spouse, Yourself, and with God

**Reflection Questions:** 

At whom, or at what are you directing your anger right now, and why?

Do you feel that you are not angry right now, that the primary emotion you feel toward your ex-spouse is pity?

Do you feel in control of your anger and your emotions in general, or do you feel they are out of control? Why?	Now What?
	Write down the action point you chose to use and the result of your action.
	The point I chose to use was:
	The result of my action was:
	Do I feel this helped me in my situation?

#### Implementation Questions

Are you finding it easy or difficult to include God in your life and talk to him about the way you feel? How seriously do you believe that God can help you through this situation?

Suppressing your anger is not healthy, nor is expressing it in a destructive or a negatively aggressive manner. Make a list of some constructive ways to channel your anger. Meditation Notes

Other Insights or Inspirations

Journaling	Journaling

Journa	al	in	g
--------	----	----	---

Chapter Three:
Why Did God Allow This to Happen to Me?

## Chapter Three: Why Did God Allow This to Happen to Me?

Reflection Questions:

What is your perspective on this? Do you believe God has a plan?

If you believe that God does have a plan, how has that shed light on your own situation?

Are you finding hope is something easy or difficult to identify with now?	Now What?
	Write down the action point you chose to use and the result of your action.
	The point I chose to use was:
	The result of my action was:
	Do I feel this helped me in my situation?

#### Goals Chart

Tomorrow	Next Year	In 3 Years	In 5 Years

#### Implementation Questions

Am I able to see some positives in my circumstances? What are they?

What would I say is my biggest challenge right now?

In the every day circumstances of my life, especially in regard to my relationship with my former spouse, is it possible to see a bigger reason for what is happening?

Meditation Notes		Journaling
	-	
Other Traights on Transvetions		
Other Insights or Inspirations		
	-	

Journaling		Journaling
	-	
	-	

Journaling	
	Chapter Four:
	What Does the Church Really Teach About Divorce?